The UPMC PM&R Times
Brought to you by the PM&R Wellness Committee

UPCOMING EVENT!
PM&R Welcome Picnic
August 17th, 3PM-7PM
Elm Grove Shelter, Highland Park

Join the annual fun and meet all the awesome faculty, residents, and families!

Welcome Class of 2022!

UPMC Kickball Summer 2019

Lead by team captain Mike Guthrie. Great season everyone! Stay tuned for more team sports opportunities!

Wheelchair Shoulder Health Fair

Come learn about shoulder health through ultrasound, sport, nutrition, and more!
September 14th, 11AM-2PM
Dept. of PT, 100 Technology Drive
Contact: lloydar@upmc.edu

Wellness BBQ Series
Next: August 24th, 4PM-7PM
417 Peters Drive, Glenshaw
Contact: davir@upmc.edu or staszelp@upmc.edu
Join the residents for grilling and chilling!

Submit “Props for Docs” at https://www.surveymonkey.com/r/Props2
Be sure to check out the UPMC GME Wellness site! https://gmewellness.upmc.com/

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